

Abstract

Title: Side effect of electro stimulation on shortening of back muscles

Objectives of work: The aim of this study is to determine whether electro stimulation has a negative effect on the elasticity of back muscles.

Methods: Data was collected by using the measurement method. The tested file is formed by four men aged 34-43 years, who underwent four weeks educational program. Measuring of the elasticity of back muscles was done before and after completing training cycle. The obtained data were filled into tables and then they were processed and compared

Results: We found out that the method of electro stimulation used in fitness training, has a negative effect on the elasticity of back muscles. In our research we determined the frequency of training sessions for three times a week, while the training program includes four such weeks. After completing the training program and following remeasurement, we concluded that we cannot use electro stimulation in such quantities without applying stretching immediately after the training session or as a separate unit.

Keywords: Electro stimulation, training, back muscles